

## ABSTRACT

A spinal implant includes a bone implant body having a superior end face, an inferior end face, and an outer sidewall extending between each end face. There are at least two flat sidewall portions on the outer sidewall to enhance the gripping of a gripping instrument. In a first embodiment, the two flat sidewall portions each have a pin insertion hole, the holes being offset at about a 30 degree angle from each other. In a second embodiment, concentric cuts are included on the superior and inferior end faces. In a third embodiment, radial cuts are included on the superior and inferior end faces. In a fourth embodiment, at least one pin hole on the flat sidewall portions includes stress relief means. Three methods are disclosed of forming an implant by (1) cutting concentric cuts, (2) cutting radial cuts, and (3) cutting both concentric cuts and cutting radial cuts on the superior and inferior end faces.